



BLACK WOMXN HEALING PRESENTS..

# **self.o.lo.gy** **sunday**

**A BLACK WOMXN HEALING SPACE**

**5PM . EVERY FIRST TUESDAY**

self.o.lo.gy

sunday  
#blackwomxnhealing space



an intergenerational **healing space**  
for black womxn undergraduate + graduate students  
supporting our collective journeys to holistic wellness  
through communal care. join us for sisterhood,  
restoration, & rejuvenation of the  
body/ mind/ soul/ ancestry/ spirituality

**THREE YEARS & COUNTING. OVER 250 PARTICIPANTS.**

this healing space centers the creative wellness practices of Black women that explore themes of embodiment, interiority, liminality, self transcendence, ancestral connection, and spirituality. it is our hope that the space we create for and by Black women will hold, nurture and affirm *us*.



we use a method of ***Black Feminist Interior Design*** as a wellness centered space making strategy that allows Black womxn to feel reflected and affirmed by the atmosphere we create. using soft fabrics, calming colors, dimmed lighting, and natural elements, we work to curate a healing space that feels as safe as home, as comfortable as a living room, as peaceful as a bedroom.



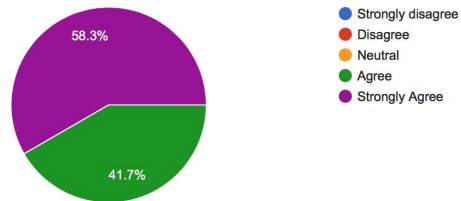


“Because we have those connections coming first from Self.o.lo.gy, then we’ve had the opportunity to really be vulnerable in front of one another. So when we actually on campus and we stop in passing, we can demand whatever space we in. ***It kinda puts you in training to learn how to make space and take space.*** When y’all come in contact with one another, when y’all take that space collectively, you lose track of time, and you be like, dang we just stood right here and what was supposed to be a quick lil five minutes catch up don’ turned into twenty minutes, and we don’t even care that we taking up space in the middle of campus to do our healing.”

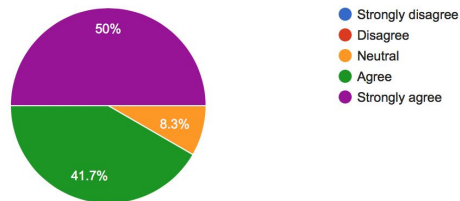
-undergraduate student parent



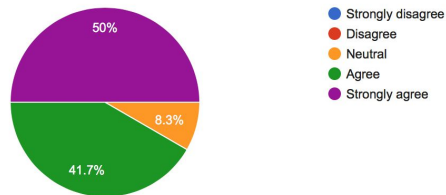
I met Black womxn I had not known before attending this event.



This Self.o.lo.gy session taught me more about how to care for myself as a Black womxn.



This event inspired me to be more intentional about my practice of self care.





“After participating in the Selfology Sunday meeting I experienced a **vulnerability** that I didn't know existed. That was present in underlying layers of suppression from childhood. This was something I didn't know affected me at all, ever. This trauma existed without my knowledge of it--years of suppression that was **shared with my black sisters**. We were all so vulnerable in this safe space. We helped heal or work towards healing each other.”

-undergraduate student

I feel like crying  
tears of joy. I  
have held in tears  
of frustration all  
day. The moment I  
got here it all shifted.

I FEEL LIKE  
IT'S OK TO  
FEEL. Today is  
my first day ♡



“I felt so **relaxed** as soon as I stepped into the space!”

Graduate Student

“The Fannie Lou Center is literally **transformed!**”

Undergraduate Student

“The **energy** in this space is so contagious!”

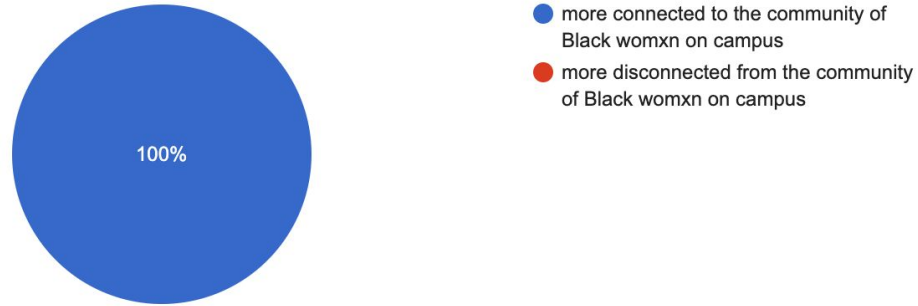
Graduate Student

“The way in which Selfolgy focuses on **mental health and kinship** aims to positively affect holistic wellness and recognize kinship and sisterhood as social determinants of health. Furthermore, Selfology Sunday’s implementation into the Cal community can also help to unveil what can be covered up by society's solution of “spa-day”. The normalization of implementing the elitist “spa-day” as the solution to mental health and self love is harmful in that it redirects the attention away from the self. Selfolgy Sunday brings awareness to **the harm of normalizing these western ideals of self care**. In actuality the root of self care, and what is represented by this workshop is reconnecting with yourself and understanding who you are, be it through spiritual practice, mediation, ancestral ties, or sisterhood ties. Working through pain and to help reshape daily habits, to help regain inner strength, to help find happiness in the self and to **regain the power that comes with being a black woman.**”

-graduate student



## Attending the Self.o.lo.gy Sundays series has made me feel



## I am leaving the Selfology session feeling

